

Monday: 18/01/21
Proverbs 18:20

It's an interesting concept to consider our words as a source of spiritual and social nourishment. Yet Jesus had told us that it wasn't what went into the mouth that defiled a person. It was what came out that would tarnish a good reputation.

How often have we heard or learned of a celebrity who was well known for their many qualities, fall down in public when they have spoken without thinking. Just a few idle words and they lose any credibility they may have worked to attain.

We, as Christians, are just the same. We can try to be our very best. Always saying the right thing at the right time. Yet in a fit of frustration we can easily throw it all away with casual words.

How are you at keeping track of your tongue?

Lord, may I nurture others with your Holy Word.

Tuesday: 19/01/21
Proverbs 18:21

The tongue is a powerful weapon. Idle gossip and intentional mischief can easily destroy someone. I know this from personal experience. From the time when I attended a church where several had decided they didn't like my fundamental views.

The gossip that was circulated soon took root. Even though it was baseless and founded in lies, many chose to accept it as not to find themselves on the wrong side of those spreading the gossip.

In what ways do we each add to the fire of lies?

Lord, May your Spirit keep hold of my tongue.

Wednesday: 20/01/21
Ephesians 4:29

We are called to encourage and build each other up. Our words are meant to be uplifting. Take a moment to think about someone you really admire. What was it about that person that was the centre of what you most valued? Was it something they did for others? Was it something they were good at doing? Or was it the way they could talk to you and make you feel ten feet tall? Words have amazing healing power.

We are called here to use our words backed by our empathy and compassion for others; to build others up. To help heal old wounds. To repair damaged friendship and relationships. To empower others.

In what ways this last week have you found ways to help a fellow Christian through their day?

The Holy Spirit can help you find the words.

Lord, may my words help support others in need.

Thursday: 21/01/21
Proverbs 16:24

Sweet to the soul and healing to the bones. In recent years the medical fraternity have rediscovered the value of positive words on an individual's health. How patients respond to treatment and medication with a higher rate of recovery if they are supported with a positive verbal encouragement.

Christians can also help others heal emotionally and physically. Our words can work wonders through their subconscious. Healing them.

How can we each heal others through verbal support?

Lord, may my tongue speak only healing words.

Friday: 22/01/21
Proverbs 25:11

There is always a chance to over think something until it no longer makes any sense at all. This verse is a good example. It has been scrutinised and analysed until it is now considered a mystery.

Yet it really could be a clear and simple as an analogy. The verse compares words spoken at the correct time as apples of gold in a silver setting. The apples are a description of a beautiful fruit that is presented in a valuable setting.

We may deduce that words spoken at the correct time, are just as valuable as precious fruit. Our words can be presented as if on a silver platter.

What we can learn from this is the value of a well crafted and thought out word for the benefit of someone who needs it. Not just casual words.

Lord, In the simple things of life I will find joy.

Saturday: 23/01/21
Romans 12:2

The impact of this last verse to be considered is deep. We are Christians. But what are Christians? We are told to be separate from the world. That when those who are living in the world looks at us they should see something unique and vastly different to what they would expect.

As Christians we need to do all that we can to be different from the habits of the world we are only passing through. This will mean not partaking in the trivial things such as horoscopes or fortune cookies. When someone looks at us we need to stand out in the crowd.

Lord, keep separate in a world of compromises

Softly Spoken



Searching for answers I find myself hurt and confused.
Others look on as they watch and wait for my reaction.
Frustrated I look him in the eye and proclaim Christ my Saviour.
Then without warning he makes the attack personal.
Laughing in my face he calls me the whore of Babylon.
Yelling that I am going straight to hell if I don't repent.
Speaking in garbled words and proclaiming their meanings.
People start to shake their heads and walk away.
Others stand by and watch more out of curiosity than interest.
Keeping my wits about me I shake my head and walk away.
Even as I am walking away he screams even louder abuse.
Nobody could ever learn of Gods grace through such antics.

MJ Flack

Six days to Sunday



Our Church Website
<http://bowenfelspresbyterianparish.org.au>



Affiliate Website

Benediction
<http://benediction.org.au>

**Stepping Stones
of Faith
18 01 21**

*We believe in the Bible over all of life
and that Salvation is: In Christ alone,
by Grace alone, through Faith alone.*